

## "Relay for Life"

(Cont. from Front)

Human Resources, Relay Rebels, Community Trust Bank, Money Matters, Fantastic Freedom Fighters, First Baptist Church, Maranatha's Mission House, Wildie's Christian Church, Fairview Baptist Church, Steven's Family. At 7:00 a.m. there was about 90 people finished their last lap around the track. Afterwards, those who remained enjoyed a delicious breakfast prepared by the Kiwanis Club. A special thank you to the Kiwanis Club for this.

Thank you to the Board of Education for the use of the track, Doug Mullins, Jason Couger, and Rockcastle Middle School. Thanks to the entertainers for the light, behind the Cross, 1 in 5, Sharon Davidson, Bro. Allen Hensley, Tony Brown. Also thanks to Kelly McKinney, Steve McKinney.

Thank you is extended to the following for their contribution to the event: Cumberland Valley District Home Health, Althea's Flowers & Gifts, Pleasant Run Baptist Church, First Baptist Church, American Greenings, B & M Liquidators, Rockcastle Ambulance Service, Fire & Rescue, King Bottling, Inc., Mt. Vernon Signal, Lumber King, Natalie Taylor (Troy, and all your family & friends who stepped up to help), Jeff & Linda Smith, Flat Rock Baptist Church, Darla Reams, Betty Purcell, Lee Anne Coy, Bro. Dean Carpenter, Willie Hines-Mt. Vernon Printing.

Thanks to Rockcastle Hospital, Inc. for being a business sponsor for our event. Also thanks to Friends of Relay, providing monetary donations, Clifford Collins & Son, Mahaffey's Quick Lube, McDonalds, Teresa Jackson - State Farm Insurance, and Datarack. In order to be recognized on a banner, a business must donate a minimum of \$100.

Thank you to the following businesses and individuals who donated items for the auction: Hatt's 5 & 10, Lindsey Gabbard, Movie Warehouse, Tina Abney, Mt. Vernon Florist, Vena Willis, Teresa Hamilton, J & J Auction, Lisa Smithers, Robert Phelps, Amy Parker, Broadhead Elementary PTA, Cedar Rapids Country Club, Jack's Hardware, Tony Miller, Clyde Miller, Miller Tools, Robert Phelps, Gail DeBorde, Quail Homesteaders, Althea's Flowers & Gifts, Renfro Valley Entertainment, Inc., Rockcastle Manufacturing, Karen King. (If you did not receive your receipt for the auction and would like one, please call 256-4122 or 256-

4916.) Also, thanks to those helping the night of the Relay. Several of the Rockcastle County High School Cheerleaders and their parents (you know who you are and we really appreciate it!), Lester (Jap) & Pam Taylor, Casey Taylor, Steve & Holly Childress, Steve & Cayman McClure, Tim & Chae McGuire, Dwight Isaacs, Mt. Vernon Fire & Rescue Squad, Frankie Denny, Heather McGuire, Karen Machal, Meaghan Broughton, Lisa Thacker. Thank you to all the team members who volunteered and participated in the overnight event. Thanks to the everyone who made a monetary donation, purchased a purple bow and/or purchased a luminary candle to light up the track (477 around the track), purchased a memory candle, or donated to the many sites at the relay (the food and fellowship was wonderful!).

A special thank you to the cancer survivors who allowed us to share the evening with them. Thanks to all who attended the event in support of the Relay. Remember...it's all about the community who takes up the fight!

If we have forgotten to thank anyone, please know that your contribution was greatly appreciated!

*Kelly McGuire, Drama Croom, Tracy McGuire, Danielle Blanton*

### Luminary Ceremony

Luminaries were bought in memory of the following people who have lost their fight against cancer: Darryl Abney, Bobby Adams, Hubert Adams, Lana Adams, Ray J.A. Adams, Eugene Alexander, Elmer Alcorn, Allen Allen, Mabel Anglin, Linda Faye Arnold, James Franklin Arnold, Frank Arnold, James B. Arnold, Jr., Jim Arnold, Jenny Aschall.

Bessie Baker, Frank Baker, Ima Jean Price Baker, Lewis Baker, Nancy Barnett, Charles Ball (Bunny), Becky Jane Ballinger, Mattie Poynter-Barnes, Sam Barnhart, Mabel Blankenship, Jennifer Bishop, Becca, Marcela Benson, Dale Blanton, Alecia Bond, Lucille Bowles, Nannie Jane Bowles, Joe Bradley, Freda Bratcher, Arlis Brown, Lillian Brown, Lucille Brown, Nettie Norton Brown, Pat Brown, Everett Broyles, Lowell Broyles, Wanda "Spookie" Broyles, Betty Bruce, Bill R. Bryant, Martha Bullens, Virgil Bullens, Nevada Burdette, Adele Burke, Mrs. James Whittaker Burke, Mae Burke, Sadie Burton, Joyce Russell.

Shirley Caldwell, Black Jack Cameron, Lois Cameron, Letha (Letha) Carpenter, Tesalem (Teddy) Carpenter, Graffier Cash, LeRoy Carter, Laura Carter, Marie Lure

Carter, Aris Caudill, Zell Caudill, Dorothy Cheatham, Bill Childress, Susie Childress, Alma Clark, Dewey Clark, Goldie Clark, James "Boots" Clark, Loretta Clark, Mary Lou Ballinger Clark, Viola Clark, Wayne Clark, Eugene Collins, Bro. George Collins, Mary Collins, Preston Collins, Cecelia Cobb, Andrew Cox, Jana Murphy Cramer, Mona Cramer, Sheila Deatherage Cramer, Judy Croucher, Eliza Cummins, Hannah Cummins, Hazel Cummins, Rayne Cummins, Vernon Cummins, Patty Daniels, Dewey Davidson.

Rickie Davidson, Charles C. DeFord, Sam DeFord, Mary Alice Delisle, Alma Mae Denney, Curtis Denney, Sadie Denney, Weslie B. Dewberry, Bernice Dixon, Curtis Doan, Fred Doan, Linard Doan, Pete Doan, Lucy Dowell, Harold Durham, Janie Durham, Joe Durham, Matt Durham, Joe Dye.

Eugene Eaton, Eutha Eaton, Glen Elder, Joyce Burke Everett, Boyd Eversole.

Russell Ferguson, Estel French, Jesse Lee Gabbard, Carlos Genett, Estel Genett, Lucille Geyer, Frances S. Gilman, Clyde Gooch, Suzanne Graves, Judy Gray, Wilson L. Green, Rachel Griffin.

Jerry Hamm, Mabel Hamm, Pauline Hammond, Bobby Joe Hanel, Raymond "Dick" Hanel, Almeda Harris, Gwen Hayes, James Herman Hayley, Robert Hayes, Chester Harland, Reva Elizabeth Huib, W.L. Hatt, Kenneth Higgins, Gerald K. Holman, Dolly Hopkins, Donald Ray Hopkins, Stella Hopkins, Norma Hoskins, David Clinton Huff, Coatie Isaacs.

Condia Jackery, Linda Johnson, Glenn Jolly, Larry Jolly, Dorothy Jones.

Dorothy Kells, Mabel Cummins Kelly, William "Bun" Kelly, Glen Kirby.

Richard Lawrence, Georgia Lee, Anna Leeping, Betty Lewis, Molly Lowry, Raymond E. Lunsford.

Chester Mabe, Jeanie Martin, Marie Martin, Wesley Mays, Janet Kay Bullock McClure, Jerry McClure, Joe McClure, Mary McClure, Paul McCauley, Bobby McFerron, Judy Dean McFerron, Cindy McGuire, Carol McNew, Jalia McKinney, Swannie McKinney, Carol McNew, Kathleen Stevens McLaughlin, Mr. Louis McCollum & Mrs. Chantry McCollum, John Norman Meadows, Kathleen Stevens-Mendoza, Floyd Miller, Glenna Miller, Josie Rowe Mink, Ken Mink, Lomay C. Mink, Ruby Mink, Peggy Ann Monteith, Mae Mullens, Elsie Mullins, Jeanie Mullins.

Chester Nantz, Christine Napier,

Bernard Norton, Lou Elia Ocualahan, Barkley Osborne, Martha Osborne, Helen Oswey Owens.

Vena Padgett, Harold Park, Hester Parsons, Stewart Parsons, T. J. Parsons, Frank Pensol, Sadie Pensol, Freda Phelps, Barbara Sue Owens Phillips, Rollie Pillion, Sue Pittman, Ruth Porter, Joy Powell, Wilma Jean Hoskins Poynter, Hazel Price, Elsie Proctor, Tom Proctor, R.O. Pybas.

Goldie Rae, Effie Raley, Hugh Ramsey, Clayton Ray, Carl Reams, Della Reams, Elmo Reams, Felix Reams, Sara Redwine, William H. Reusch, Caldonia Reynolds, Ed Reynolds, Jr., Kay Robinson, Becky Roland, Delbert Rowe, Elsie Russell, Randle Russell.

Francis Sanders, Ruth Alsia Sargent, Bradley Sargent, John Bert Sargent, Eva Marie Schiele, John Hersch, Schiele, Peggy Scholer, Joyce Seaborn, Maggiana Shivel, Eddie Smith, Luther Smith, Owen Smith, Wilma Smith, Mark Spillman, Ann Stevens, Martha St. Laurence, Mary Suong.

Lola Taylor, Nogi Taylor, Elsie Thomas, Mary A. Thomas, Melba Thomas, Clarence Thompson, Ollie Marie Thompson, Ada Todd, Gerrie Cordier Todd, Larry Travillion, Ollie Travillion, "Tixie" Reva Unthank.

Joyce VanWinkle, Sandra VanWinkle, Hubert Vanzant, Bertha Vaughn, Anna Marie Adams Velazquez.

Lilly Wallace, Chester Whitaker, John Colson Wilson, Deonna Winkler, Val Roy Wright.

Luminaries were purchased in honor of the following:

Those who work for a cure, Dorothy Ashcraft, Laureadie Babin, Emily Barton, Leonard Barton, Martha Bernard, Grace Bowling, Lorene Bowling, Flora Mae Brown, James L. Brown, Jim Brown, Harold Broyles, David Brown, Alva Bullock, Betty Bullock, Eddie Carpenter.

Corra Callahan, Edith Carpenter, Jackie Cash, Humberto Castillo, Michael Childress, Jean Clark, Janasia Childress, Barbara Collins, Dr. Kimberly Corbush, Ruby Cornelius, Jim Cox, Doug Cummins, Valerie Cummins.

Alford DeBord, Birdie DeBord, Lorella DeBord, Mary DeBord, John DeBord, Willette DeBorde, Crystal Erwin, Martha Eversole, Kenny F. Shelby Jean Fathergill.

Jewell Hammon, Carolyn Hansel, Jerry Harper, Barbara Hatt, Faye Stevens Hickman, Suzanne Hines, Virgil Hopkins Jr., Wanda Howard, Janice Keeney, Bernice Kidwell, Flora Kirby, Rosalee Low, Peggy Marler, Edith Marshall, Betty Martin, Bud Martin, Darlene Martin, Jennie Darlene Martin, Janice Mason, Rose Matthews, Darlene Mays, Rhonda Cobb McClure, Denver Miller, Ellen Miller, James Miller, Mr. Hines, Linda Moore, Lynn Moore, Lisa Morris, Lisa Falin Morris, Michael William Morrissey, Kathy Mosley.

Bertha Marie Navarre, Linda Osborne, Margaret Owens, Kenneth Parker, Lucille Parsons, Donnie Phelps, Winnie Phillips, Dolly Pillion, Lane Ponder, Urcle Porter Jr., Bobby Powell, Karen Powell, Dorothy Renner, Eddie Proctor.

Vivian Renner, Leslie Rigaby, Melberta Robbins, Shirley A. Roberts, Marguerite Poynter Robinson, Maggie Jane Rowe, Loretta Rowe.

Stewart Rose, Sunny Stevens Rowe, Pansy Sargent, Brenda Saylor, Dean Singleton, Anna Lee Smith, Bonni Smith, Glenda McFerron Smith, Jerri Lynn Smith, Austin Spoonmore, Bobby Taylor, June Taylor, Megan Taylor, Rose Taylor, Beatrix Thomas, Mild Vanlandingham, Darlene Weaver, Wilbur Weaver, Darlene Wilson, Nancy J. Wilson, Ollie Wilson, Eva Wynn.

Each one of these survivors is someone's beloved wife or husband, someone's mother or father, someone's precious child, someone's best friend.

## "Hammond"

(Cont. From Front)

Heather anchored the 1600-meter relay team to a state title in the event, narrowly missing the Class 2A state record. She was named all-state in each of her four events and eventually was selected as the KTCCCA Middle School Athlete of the Year.

Heather's freshman track and field season was even more exciting and challenging. In order to improve her individual effectiveness on the team, Heather was taken out of the 1600-meter relay.

The 300-meter hurdles, an event that she had never tried, became a new challenge for her. The most difficult aspect of the race was the fact that the hurdles came directly after the 400-meter dash, leaving almost no time to recuperate. Heather accepted the challenge, despite the fact that no other athlete had ever won both races back-to-back. She pro-

gressed rapidly throughout the season. At the regional championships, Heather again dominated the competition, sweeping her events. She won regional titles in high jump, long jump, the 400-meter dash, and the 300-meter hurdles, despite the difficulty nature of the back-to-back events. She led RCHS to their second straight regional championship title with a team record of 40 points.

At state that year, Heather had an impressive showing in her jumping events. She placed fourth in high jump and fifth in long jump.

In her other events, Heather narrowly missed what would have been possibly the most impressive double in state track and field history. She finished as state runner-up in the 400-meter dash with a new RCHS record time of 58.96. Immediately after, she ran the grueling 300-meter hurdles. She fought hard throughout the race and pulled away going into the last hurdle. A slight stumble after going over the final hurdle caused her to lose her balance and she was edged at the line by eight hundredths of a second. Her state runner-up finish was even more impressive from a team standpoint.

After much discussion before the meet, Heather decided to forego the opportunity to win one of the two events, which she could have easily done by eliminating the other.

Heather was more interested in scoring as many points for the benefit of the team as possible. By putting the team first, Heather decreased her chances of winning a state title in either event; however, her selflessness helped RCHS to a fourth place overall team finish. Finishing as state runner-up in the 400 and 300 hurdles, back-to-back, was still an unprecedented feat. Heather was named all-state once again in all four of her events, capping an unbelievable freshman season.

Heather's sophomore season would prove to be her best and most exciting. It was also the most challenging. Many coaches throughout the state advised that competing in the 400 and 300 hurdles was a lost cause and that it was an impossible task to win them both at state.

As most would point out, it's so seemingly impossible to win both that no one even attempts to do it anymore. Heather used this as her motivation for the season as she worked every day to improve upon her freshman year.

When the regional championships came around, Heather was beginning to put it altogether. Her work ethic in practice became a spectacle for teammates, coaches, and others as it became evident that she would have a definite chance to achieve the impossible.

Heather once again dominated regional competition, no small feat considering that many of the state's best runners compete in the same region as Rockcastle. She won long jump, high jump, the 400-meter dash, and the 300-meter hurdles while matching her own team record of 40 points in a regional championship meet. This gave her eleven regional championship titles in the past three years.

The state meet was a culmination of extremely hard work and very high expectations. Heather began the first day of competition with an unbelievable series of jumps in the state long jump competition. She easily won the state championship on her first jump. She finished with three jumps of 17' with her best effort being 17'2".

Heather rushed through her high jump competition to have time to prepare for the 400 and 300 hurdles. She still managed a seventh place finish in the event. The 400-meter dash

proved to be a very exhilarating race. Heather and Tami Akiole, one of the best athletes Fadhali Tighman has ever produced, ran a tight race throughout with Heather leading most of the way. They battled each other down the final one hundred meter stretch to a photo finish.

When all was said and done, Heather had claimed her second state championship in the event with a new RCHS record time. The brief transition between the 400 and the 300 hurdles was very difficult. Heather barely had time to catch her breath when they began lining runners up for the race. Despite the heat and lack of rest time, Heather began the race very aggressively and pulled away after the first one hundred meters. She finished the race in her best time ever at state, winning her first state championship in the event. She also

completed the seemingly impossible back-to-back double, winning both the 400 and 300 hurdles for the first time ever at state, an amazing accomplishment to say the least. She also led her team to a fourth place finish with an RCHS team record of 32 points in state competition. Her three state titles gave her five total for her track career.

As mentioned earlier, Heather's impressive season earned her first team all-state selections in long jump, the 400 dash, and the 300 hurdles. This marked nine titles in total. Heather had been selected all-state in track and field. She also earned the distinction of being named KTCCCA Class 2A Girls' Track and Field All-American of the Year for her outstanding season and performance at state. Besides her awesome athletic accomplishments, Heather was also named first team academic all-state for the 2002 season.

Besides her track and field success, Heather is also a member of the RCHS cross-country team that finished as regional champions and placed second at state. She is also an all-district and all-region basketball player for the Lady Rockets regional runner-up team.

Heather looks to improve even further upon her success as her junior track and field career somewhere in the Southeastern Conference.

Heather is the daughter of Eddie and Roxanne Hammond of Mt. Vernon.

## "PRIDE"

(Cont. From Front)

Spring Street stream. "I commend our efforts in Rockcastle County for taking the initiative to cleanup this area," said Congressman Hal Rogers (KY-5), who secured the federal funding that makes PRIDE grant programs possible. "PRIDE is based on a partnership that links volunteers with the resources of local, state and federal governments. Each partner has to do their share so that we can meet our goal of restoring the region's natural beauty."

PRIDE awarded 55 grants this year, totaling \$1,949,471, to counties, cities and nonprofit organizations throughout the PRIDE service area. Since the PRIDE initiative began in 1997, 438 community grants have been awarded, totaling \$1,434,533.

The PRIDE Community Grant program provides up to \$50,000 to counties, cities, other public entities and nonprofit organizations for environmental improvement projects.



There was a good turnout for the Survivor Reception held before the Second Annual Relay for Life. Over \$33,000 was raised for the American Cancer Society.



Karla Bryant, Rachel Killen, Cindy Anderkin and Natalie Taylor help serve survivors at the annual Relay For Life's Survivor Dinner.



Karla Bryant, Rachel Killen, Cindy Anderkin and Natalie Taylor help serve survivors at the annual Relay For Life's Survivor Dinner.



RCHS junior Heather Hammond was recently named the 2003 Kentucky Track & Cross-Country Coaches Association Class 2A Girls' Track & Field Athlete of the Year for her efforts during her sophomore season.